

# Health Risk Report for pradheesh

Risk Type	Level	Recommendations
heart	Moderate	Start walking 20–30 minutes a day, 3–4 times a week.; Cut down on processed foods and salty snacks.; Get your blood pressure checked monthly.; Use heart-friendly oils like olive or sunflower oil.
diabetes	Low	Maintain a healthy diet and avoid unnecessary sugar.; Keep your weight and waist circumference in check.
mental	High	Seek help from a mental health professional.; Practice mindfulness for 15 minutes daily.; Ensure consistent 7–8 hour sleep.; Avoid caffeine and alcohol during stress.; Stay socially connected and avoid isolation.; Journal thoughts and express emotions regularly.
obesity	Low	Maintain current physical activity and balanced nutrition.; Avoid fast foods and excess oil.